

What You Can Do In 2 Minutes or Less:

Three simple steps to tobacco cessation counseling

Ask: **Do you use tobacco?**

___Yes ___No ___Former ___Never

Advise: **Encourage tobacco users to quit.**

Brief, strong, personalized message for quitting.

Example: “Mr./Ms. Jones: Quitting is the single best thing you can do for your health. It is especially important for you to do now, because_____.”

Refer: **NC Tobacco Use Quitline**

- **1-800-QUIT-NOW (1-800-784-8669)**
- Free, evidenced-based, confidential
- Fax Referral to Quitline available – Visit:
www.tobaccopreventionandcontrol.ncdhhs.gov
www.Quitlinenc.com

Become An Ex: www.becomeanex.org

Cessation medications increase success.

Discuss cessation medications with tobacco users.

“These medications, combined with cessation support,
double chances of quitting.”

NC Tobacco Use Quitline

**1-800-QUIT-NOW
(1-800-784-8669)**



Free & confidential

For all North Carolinians

8 a.m. – 3 a.m. daily



For more cessation information, visit these web sites:

www.tobaccopreventionandcontrol.ncdhhs.gov

www.quitlinenc.com

www.becomeanex.org



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